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INSIDE BASKETBALL

FOR

PLAYERS AND COACHES



M. B. BANKS
SYRACUSE '09

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for

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By M. B. BANKS
SYRACUSE '09



First Edition

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By M. B. BANKS, Des Moines, Iowa

PREFACE

A book of this kind may very easily become uninteresting, either because of inadequate description or too much detail. The writer has tried to describe concisely and clearly the many features of basketball play. The purpose of these chapters is the hope that they may be of value in teaching beginning players and inexperienced coaches some points not understood by them.

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Chapter I

THE GAME

Basketball has developed since its invention by Dr. Naismith of the University of Kansas into the greatest and most interesting of indoor games, particularly among the American schools and colleges. Each succeeding year finds the game more popular everywhere, and the constant efforts of the Rules Committee to adopt measures eliminating objectionable features has brought about a game that is both interesting and worth while. Basketball under widely different rules is played by both boys and girls; the girls' game having three or more courts, while in the boys' or men's game but one court is required. The appealing feature of the game is in the matching of speed, skill and strength. In order to play with brilliance, one must have these attributes in a high degree, which are brought about through constant practice. Basketball develops initiative, speed, determination, and the ability to think and act quickly in an emergency, in other words, cooperation between the mind, the will, and the muscles is wonderfully developed.

Equipment

In order to play any game well, it is absolutely necessary that the equipment be first class. The basketball itself, in practice as in the match games, should be perfect. That is, the ball should be round with no bulging on one side as is commonly the case. It should be properly inflated and laced correctly so the lacing does not interfere with easy handling of the ball. The billiard player could do nothing with a billiard ball not perfectly round. It is just as true in the case of a basketball that is lopsided. It will not carom from the back-board properly; nor can a man throw for goal accurately unless he is using a perfectly shaped ball.

Shoes in the individual equipment for a player should have the greatest care in selection. They are the most important in the playing outfit. The soles of the shoes should be of a rather soft rubber that will insure proper sticking power on the floor.

A shoe with a hard rubber sole does not hold a player on some floors, and he is at a great disadvantage at once. It is absolutely necessary that the shoes fit properly so there is no looseness around the ball of foot or the heel. Otherwise, blisters will result causing extreme sore feet and possibly a long lay off.

The shirt should be of wool with plenty of room for freedom of arms and shoulders. A snug fitting jersey is advisable. The pants may be either knee length, similar to baseball pants, or short, like track pants. The latter is preferable, being lighter, cooler, and permitting greater freedom of movement. Light pads should be placed in pants to protect hips in case of a fall. Hose with a stirrup foot, so that white sanitary stocking feet may be worn inside are best. The top of the hose may be held up by a rubber which must not be too tight so as to stop full blood circulation.

It is well to have two shirts of different color, one white, the other dark, so that a color opposite that worn by opponents may be used. Ordinarily the background of a basketball court is dark, making it advisable to wear a shirt of a bright color which will permit players to distinguish teammates readily. Teams should be equipped with training shirts, fleece lined, to warm up in and to put on over playing jerseys before a game, between halves, while on a bench, etc., so that the players do not cool off too quickly or catch cold.

Knee guards are a precaution that saves many infected and skinned knees. The same is true of elbow pads, at least for practice games. These pads should be held in place by elastic above and below the knee or elbow and not too tight. It gives a player a sense of security, and he will play harder and take more chances.

Equipment as a whole is very important. A trim neat looking squad will work better and pass snappier than one with an ill fitting and sloppy looking outfit. A basketball suit should be kept clean, especially the supporter, for sanitary reasons and to prevent "gym itch," scalding and other skin infections.

Playing Floor

Good sportsmanship should prompt the coach of any team to see to it that his home floor has nothing in the way of removable features peculiar to that particular playing floor that might cause severe handicap to visiting teams. I have known

of unprincipled coaches waxing the floor and providing his own men with kerosene mats in order to make their shoes stick.

Out of bounds should be made all around even to making the playing floor seem ridiculously short. It is only fair. The one great criticism against basketball is that the visiting team in most cases is handicapped by the different size of floor, lights, back-board, baskets, etc., as compared to the floor on which they play at home. Playing at home is too great an advantage in basketball. However, this fault is being remedied in the University and College games because of so many large "Gyms" being erected allowing for a maximum floor. The rules suggest the manner in which courts should be marked. It should be made compulsory. The boundary lines should be marked plainly and not conflict with the lines of other indoor games. Every possible courtesy should be extended the visitors, for they deserve it, and besides it helps the game.

Schedules

The manner of scheduling games has a great deal to do with the result of a season of basketball. It is not a wise plan to play a strong, well known team early just to have the doubtful honor of having played them. Plan to get three or four practice games before your regular games begin. If you have a veteran team, it may be well to play some stiff opponents early and thus get the jump on them. Try to bring the schedule up to a climax. Winding up the season with a weak team leaves a bad taste. Two games a week are sufficient. Have a rest of three days between games if possible, although a team will play on successive days very well; if anything, better on the second night. One day's layoff between games is very poor scheduling. Do not book more than two successive games on a trip away from home. Longer trips take the "zip" out of the boys. If the team is green, try to arrange games gradually stronger. Do not schedule games with extremely weak teams between important ones. It will demoralize the play of your own team and make them over-confident, a malignant disease that has wrecked the fond hopes of many coaches.

Chapter II FUNDAMENTALS

Goal Throwing

A few years ago coaches invariably placed the most accurate goal shooters in forward positions regardless of other qualifications for the position. If one developed a knack for shooting baskets, his position was at once assured. His defensive work might be abominable and his ability to lose a guard mediocre; yet, if he could shoot, he was a forward. Time, with its steady advance in the style of the game, has changed all this. Now, theoretically, the perfect basketball team is one composed of men who have mastered all the fundamentals of the game. In other words, all five should play forward or guard equally well. Every member of the ideal team should have that rare ability to shoot field goals accurately either on a dead run, under the basket or standing for a long shot. The real underlying principle of successful up-to-date basketball is perfection in the game's fundamentals, not one or two, but all of them.

Under the head of fundamentals are goal throwing, following shots, passing, catching a ball, guarding, stopping, starting, turning, pivoting, reversing, jumping, blocking and dribbling. Of all these the most important is goal throwing. A basketball team may have perfected its passing game, and defense, and yet become a victim to a team made up of exceptional and better goal shooters. A weak hitting baseball team is powerless against a hard hitting aggregation even though the defense and team play of the former is superior. Basketball games are won by hitting the inside of the basket, just as baseball games are won by hitting the ball. This is not meant to minimize the importance of other phases of the game. The writer merely wishes to impress the great need of accurate shooting by all members of a team.

The ability to throw baskets comes largely through knack plus constant practice. It is a simple thing to shoot goals in practice without guarding, and still quite another to success-

fully negotiate a field goal in the heat of an important game. We speak of one's knack in doing this or that well, or, that one is a star in all branches of endeavor. The so-called star really has something in his makeup that others lack. This knack in basketball, shooting goals, passing, pivoting, etc., is simply perfect co-ordination between mind and muscle together with common sense. A boy with what we term an athletic head knows instinctively that in handling a basketball he must use the fingers and not the palm of the hand in guiding it on a pass or a shot at the basket. He realizes that he must not stand flat-footed, but rather on the balls of his feet, and that they should be wide apart with one foot in front of the other. In short, a good basket shooter is always perfectly poised and ready to follow the shot after releasing the ball.

There are several different styles of shots, the breast shot, the underhand, single and double hand over head, one hand push, and over-hand wrist snap shot. The shot most frequently used is the breast or push shot. It is executed by holding the ball breast high between the palms, thumbs pointing toward each other, elbows close to body. The ball is touched only by the tips of fingers and thumbs—never by the palm of the hand. The weight of the body should rest on the balls of the feet, one foot in advance of the other and about eighteen or twenty inches apart. The legs must be flexed at the knees and the trunk of the body bent slightly forward. This position gives proper balance. Now with all the muscles relaxed the ball is pushed forward and up by straightening the arms, legs and entire body and finishing with a wrist and thumb snap under the ball as it leaves the hands to impart a little twist or "English" to the ball. On long shots one should flex the legs more and jump off the floor as the ball is released. Another exceedingly important point in shooting goals is to locate the basket quickly and to keep the eye on the point aimed at until the ball has been released.

The writer earlier called attention to the fact that in handling a ball rare judgment must be exercised. In throwing goals one can readily see that a ball arched high and descending from a point above the basket has a far better chance to go through. That is common sense. The highest point the ball reaches in its flight from the shooter should be slightly beyond the half way mark between him and the basket. All shots ten feet or more from the basket should be aimed to go straight through instead of using the back-board for a carom shot.

For close or under the basket shots, it is best to use the back-board aiming at a point twelve to fourteen inches above the basket rim and slightly toward the side from which the shot is made. The "English" given the ball tends to carry it over and down into the basket. Too much "English" is a bad fault.

Another matter of common sense is taking into consideration, when shooting in motion, the fact that whatever speed a player is traveling when he receives a ball prior to shooting is adding that same forward speed to the ball. Therefore when shooting on a run, a player must compensate by tossing a more or less dead ball or a floater; otherwise the ball will carry too far or rebound too much. This is a very common mistake in beginners and frequently a fault of experienced players.

The underhand shot, while more accurate possibly than the breast shot, is more readily blocked since the ball starts from the waist. The ball for this shot is grasped by the fingers and thumbs with the elbows close to the body. The ball is tossed with a sort of a wrist snap which imparts a little "English." This shot is used by most of the beginners but is really no easier than the breast shot after practice. Both these types of shooting are universally used in making free throws. Personally, I believe the breast shot is better even in throwing from the foul line.

The double overhead shot is executed by tossing the ball from over the head grasped in the same manner by fingers and thumbs as explained in breast shot. It is surprising how accurate one may become with this shot and also how effective it is when guarded closely, especially if one has a little advantage in height. The single overhead shot is made by holding the ball on the tips of fingers and thumb of one hand and throwing it in much the same manner as one would throw a baseball, except that the finger tips guide the ball and are whipped down under it for "English." The outstanding feature of this shot lies in the fact that a player may turn his body or side toward a guard and still execute it with a fair degree of accuracy. It is also an effective and easy shot to make while up off the floor.

Another one hand shot especially for close or under the basket is the one hand push shot. This is usually used when shooting following a dribble up to the basket, or when receiving a ball while running under the basket. It is made by carrying or pushing the ball up with one hand, fingers and thumb

only touching the ball and given a twist by the tips of the fingers as it leaves the hand. The point in favor of this shot is that a player may jump his highest and still guide the ball over and into the basket, using the back-board. In fact some rangy players can nearly lay the ball in the basket with this shot. One with practice may become equally accurate with either hand. Most players use the right hand for this shot, and naturally use it on the right side of the basket. When running under the basket to the left side, some right-handed players are out of position for a quick shot unless they can use the left hand effectively or perhaps jump in the air and turn toward the basket and shoot using the underhand shot. I believe the latter a very awkward and difficult shot. A better shot from the position under discussion is the overhand wrist snap shot. It can be made while running with great speed by leaping up and bending backward and snapping the ball up and over the head for a bank shot. The ball is given its impetus largely by the wrists although the forearms are swung up somewhat. After executing this shot, the player lands in a position to turn and get back rapidly for a second shot.

Passing

Clean snappy passing in basketball is a part of the game that requires skill and practice. No other feature so thrills the spectators as a fast passing offense where the ball is worked up the floor to a position for a shot at the basket. A good pass is easily handled and should be made chest high so that the receiver does not have to slow up or reach down to secure it. A player while running around the floor carries his hands above the waist naturally and in a position to catch a ball chest high.

Several different passes are used depending upon the relative position of the passer and receiver. For short passes there is the push pass and the underhand toss. Both these types may be used either with one or both hands. The push pass is made by holding the ball similarly to the manner of holding it for a breast shot at the basket. Therein lies one feature of its effectiveness. A player may fake a shot and pass off or vice versa. He also may fake the push pass in one direction and after extending the arms with the ball use a single hand wrist snap pass in another direction. The push pass itself is simply pushing the ball away from the body and is held by the fingers and thumbs.

The underhand pass is made by tossing the ball, usually by one hand, from a position a little below the waist. It is a free arm swing and is guided by the fingers which last touch it. This pass is not so easily handled as the push pass, because in holding it the fingers point down and when passed they cause the ball to rotate in the wrong direction.

Another very common pass for either short or medium length passes is the wrist snap or throw pass used also by either one or both hands. Using one hand, it is held by fingers and thumb pointing up with hand bent back slightly. The pass is started from a point a little above the shoulder, occasionally lower. The arm is drawn back and the ball is propelled by throwing the arm forward, much as in throwing a baseball, and finishing with a wrist snap under the ball, which imparts a rotation that floats the ball. Two hands may be used for this pass. I believe there is no advantage in using two hands although some coaches advocate it strongly. The one exception is, when the ball is caught by a right handed player above the left shoulder and a pass off made quickly.

For long passes, the over arm hook pass is the accepted one. For the hook pass, the ball is held in palm of hand, steadied by fingers, thumb and lower part of forearm. In making the pass, the arm is swung up over the head, the ball being released by snapping the fingers under it, imparting the necessary upward rotation that makes the ball carry well for a long pass. This pass is especially well adapted and very effective against close guarding. A player may become very efficient in executing the long hook pass after jumping in the air. It is very difficult to guard against, and is used by teams employing a long pass game. The short hook pass is made similarly. A player may get a rebound from either bank, turn in air after jumping and hook the ball to a teammate. Tall rangy players or men who can get well up off the floor can use the short hook pass with telling effect up near a basket for re-passes.

Some teams become very proficient in batting the ball one to another. In this the palms of the hands are used. As a ball is passed to a player for a re-pass, the ball's momentum is sufficient to hold it momentarily against the receiver's palms as he pushes or bats it in the direction desired, the palms making a sort of a carom board. A quick re-pass to the player who first passed is often effective, and this batting pass is the quickest return possible.

Receiving a Pass

A player should at all times carry himself in readiness to receive a quick or unexpected pass. The fingers and thumbs should be firm, yet flexed and spread out, making a basket as nearly as possible. The ball should be caught so that no adjustment in the hands is necessary in order to pass off or shoot for a basket. Therefore, the palms should be turned away from the body with the thumbs toward each other. It is not necessary, either in passing or shooting a goal following a catch, to lower the ball. Shoot from where you get hold of it. When receiving a pass, one must keep the eyes on the ball until it is caught. Most fumbled passes result from looking away and feeling for the ball. All passes should be caught by the hands and not against the body. Basketball is now beyond that stage. Speed in handling a ball is essential in the game now, and that is best attained by the use of the hands and fingers. When receiving a pass, do not fight the ball, but rather relax and give a little as it strikes.

The reader will note in these paragraphs relative to passing, shooting, receiving the ball, etc., that frequent mention is made of the use of the fingers. I believe that few realize early enough in the game, that the finger touch has everything to do in clever handling of the ball. The "feel" of the ball is from the finger tips, and not the palm. A skillful player can catch the hardest pass one handed as well as throw goals from long distances by proper use of the fingers.

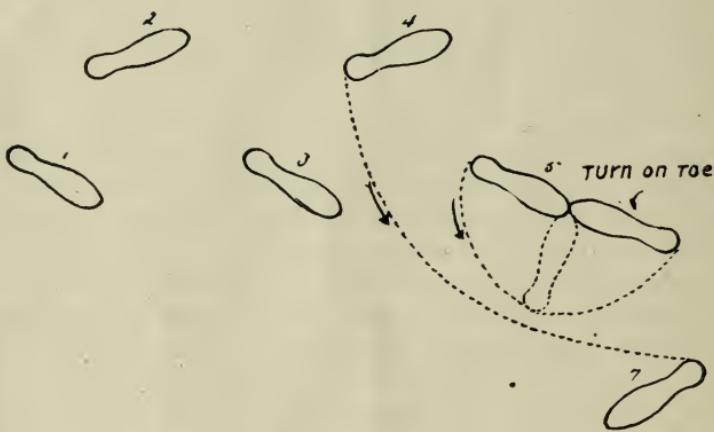
Dribbling

Dribbling is defined in the rules as giving impetus to the ball by throwing, batting, bouncing, rolling, fumbling, or muffing it, and touching it again before it touches another player. The only dribble taught in the game by competent coaches, is that of bouncing the ball successively on the floor while running by batting or pushing the ball down as it rebounds. Here again the fingers play a most important part, for they guide the direction of the ball as required in the push down. For speed in dribbling, it is best to bend forward from the hips and make short and low bounces. The ball is better kept in control in that manner. Keep the ball well out in front.

During a dribble, the ball may be batted over an opponent, but the dribble ceases if it is tossed over. In changing direc-

tion during a dribble, some players carry the ball momentarily in the dribbling hand. It is a technical foul, and competent references call it at once.

The great use of a dribble comes in breaking away from a bunch on the floor, advancing when no teammate is available for a pass, or going clear up to an unguarded basket for a shot. Some teams are taught to dribble every time a player gets possession of the ball; some have one or two exceptional men who dribble often, while other teams are coached to dribble only when no advantageous pass can be made. I believe in the latter method of its employment, the dribble attains its greatest effectiveness. A man dribbling opens the defense, and draws one or two opponents away from teammates to whom a quick pass and break can be effected.



As will be noted in the above diagram, the finish of the dribble has ended in a reverse. The turn is made on the toe. It is very simple, yet requires lots of practice to execute rapidly.

Stopping and Starting

How to stop while running at full speed seems a simple thing to accomplish, yet very few players on a basketball floor can stop as quickly as they should. In order to stop suddenly, a player must have perfect balance or poise and should land flat footed without stiffening the muscles of leg too much. The leg should be flexed at knee in order to assimilate the mo-

mentum of one's weight as much as possible. A man may land on one foot and use it as a lever to jump to the side avoiding an opponent. Another manner to stop quickly is to jump forward slightly, landing on both feet flat, and then jump to the side. After stopping in either way, one may turn and come straight back. At any rate a successful stop loses a man guarding and full advantage should be taken at once. The chief use of the stop is to get away from an opponent. It is effective following a dribble also.

In starting, the main point to remember is the position of the feet with relation to each other. On the basketball floor one foot should always be ahead of the other and spread. Proper position for the feet might be explained as follows—imagine an eighteen inch square and place the toe of one foot in one corner with the heel of the other foot in the opposite corner of the square. With the weight of the body resting on balls of feet in this relation and with the trunk carried slightly forward, one is in a position to start in any direction by using one foot as a pivot and the other to drive. Do not take a long stride or step in starting, but lengthen the stride as speed is gained. A good way to get away from your man from a standing position, is to take the first step in one direction and then use that foot as a lever to suddenly dart in another direction.

Jumping

In jumping for a ball either on a tossed ball at center or for a rebound from bank-board, it must be borne in mind that timing of the jump is most important. I have seen short men repeatedly get the tip-off at center on much taller men, even though both had relatively an equal amount of spring. A center should consider carefully the height the referee for that particular game tosses the ball, for all referees do not toss alike. He should study and time his jump so that when he is at the extreme height of his jump, he just tips the ball coming down. That is another point that means inches on the jump. Extend the fingers and just tip the ball. It is unnecessary to bat the ball except on one or two plays usually. When a ball is batted, most of the hand is used. Of course, when ready to jump, one must be on his toes with the knees bent slightly, and just prior to jumping let the weight down by bending knees more and then springing straight up off the toes.

One should practice jumping for rebounds and center-tips, turning in the air after receiving the ball, and passing off.

Following Shots

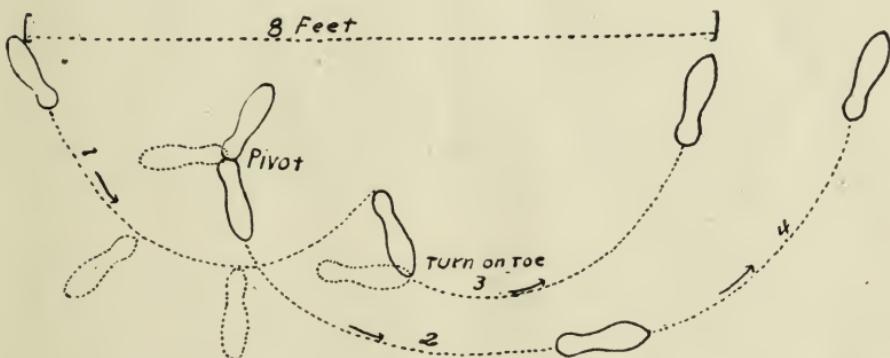
One fundamental feature of individual play is hard and clever following the ball after a shot at the basket. Two teams may be equal in all other departments of the game, but the one which is taught to follow shots best will win. Players should follow their teammate's shots as well as their own. Furthermore, it is equally as important to follow opponent's shots at their basket in order to secure possession of the ball and get it out of dangerous territory quickly. In basketball as in football the play of both teams is aimed to get the ball in striking distance of the goal for a score. Therefore, when a shot is made at your own basket by any member of the team, try to keep it near the basket for successive shots. This can only be done by hard aggressive following of the ball. A player is not usually penalized for going after a ball even if in so doing he bumps an opponent hard or knocks him off his feet. In following shots, a player should not rush in too quickly. That is the error most players make. They follow too quickly and the ball rebounds over their head from the back-board. The player is usually coming down from his jump when he should be going up off his feet. Go in fast and hard, but time the jump. It is a matter of judgment and experience will teach a smart player the proper moment for his lunge. Now as a rule the time to dart in after a rebound is just as the ball hits the back-board or basket, the elevation of the shot being a determining factor. After following a shot successfully a clever player often executes a hook pass to a teammate who is in position to shoot again if the follow was made from own basket or to a teammate in a position to pass up floor quickly if follow was made under opponent's basket. When landing on the floor, have the feet spread ready to go in any direction fast. This part of the game demands aggressive playing, alertness and agility in a high degree. In practice of shooting baskets, players should always follow shots.

Turning, Reversing, Pivoting

The three terms heading this section mean practically the same thing. A turn and a reverse are essentially the same, while a pivot, in the phraseology of the basketball court, is a double reverse. In turns there are the quarter, half, which is reversing, three quarters and full which is pivoting.

Turns in basketball are the most effective manner in which to avoid opponents. A smart player employing turns skillfully is the toughest proposition on the court imaginable. Five men well coached in this fundamental make a most formidable offensive combination.

A turn or reverse is accomplished by using one foot as a pivot on which to turn while pushing off with the other. The turn is to the rear, merely reversing the direction the player executing it was facing. The great advantage of a reverse is placing the back and body between ball and opponent. It is also a quick side-step, and when executed twice in succession carries a player well out of reach of an advancing opponent. The following will illustrate the steps taken in making these turns.



Pivot Sketch

Turns may be used to advantage following a dribble when the dribbler encounters a defensive man. In that case he can stop, reverse and hand the ball off to a teammate trailing.

Turns also are effective when receiving passes in order to elude a guard.

Blocking and Guarding

Skillful blocking and guarding is very important in the modern game of basketball. One weak man in the defensive part of the game will often cause his team to be beaten. Blocking in reality is fouling, but, a player may execute a block so cleverly that the officials seldom call a foul. A player blocking usually takes an opponent who is guarding a teammate. A

great variety of plays may be concocted with the use of a block, whereby a clever basket shooter is left unguarded. For example, when a player has the ball out of bounds, his guard is in bounds and usually in front of him. The out of bounds player may pass into a teammate and receive a re-pass, while a third teammate is blocking his guard, thus presenting an opportunity for a dribble down floor and a possible shot. Blocking plays may be started from the tip off at center or from the finish of a dribble, when a player reverses, passes off and then blocks the guard of the teammate to whom he passed.

Guarding, as understood by most boys is playing an opponent closely. As a matter of fact, it is well to play your man hard while on defense, but to actually play the ball rather than the man, is the best mode of defense. If one plays his man instead of the ball, he may prevent that particular opponent from scoring a basket. However, the best defense is possession of the ball. The other team cannot score while you have the ball. Therefore, play the ball when guarding. You will find it easier to do that than to play the man for the burden is on the man in possession of the ball. In Lasketball, one of the basic rules is that possession of the ball is not restricted to one side or the other while in play.

In guarding a man not in possession of the ball, it is best to remain between him and his basket. Keep him out of the passing or team play. Do not let him get past you. In case he does gain the ball, do not charge him or he can easily avoid you with a reverse or pivot. Do not gather momentum in his direction. Make him show his hand. If he is too far from the basket to shoot, then he must either pass off or dribble. If he passes, keep between him and his basket; while if he dribbles, force him out of bounds while you close in on him gradually to play for the ball.

Always keep your eyes on the man you are guarding. If you do not, he will elude you while you are looking for the ball. You can always tell where the ball is by the movements he makes and occasionally you can get him in such a position that you can see both him and the ball. Be on your toes at all times, feet apart, ready to dart in any direction your opponent may go. Remember—do not charge at him if he dribbles toward his basket and you are between him and it. In such a case move in a line perpendicular to his direction, always keep-

ing directly in front of him. He will soon have to avoid you and then you will have an opportunity to force him to pass, dribble out of bounds, or stop. In the latter case it will give you a chance to gain the ball or cause a held ball.

Chapter III

TEAM OFFENSIVE PLAY

Different Styles

The modern game of basketball employs several types of offensive team play known as short pass, long pass, dribble and combination of all three. The most commonly used mode of play is the short pass with a mixture of the long game. Too frequently high school teams do not study and develop coordination to the extent they should, with the result that a haphazard style is employed. The real short pass, long pass and dribbling games are essentially scientific in principle and require conscientious practice. It is well to develop at least two styles of play, so that in playing against a team twice, different styles may be used. Often in a game a team may switch the style with good results. The easiest type of game to develop is the short pass and where perfected it is the hardest to beat. Of course the size and individual characteristics of the team would determine to a great extent the style of game best to adopt.

The Short Pass Game

In the short pass game any one of several systems for advancing the ball may be employed. Generally speaking, most teams, while using the short pass call into play only four of the five players, usually both forwards, center, and the floor guard. Some teams, however, use all five men to advance the ball.

In the criss-cross or triangular type, the two forwards and center work together chiefly, the guard breaking down the side-line to the basket for a shot at the proper moment. For example. Suppose the back guard has intercepted an opponent pass or has taken a rebound from the bank, he will immediately pass off to the other guard, as a rule, to one side-line. The forwards break to opposite sides, while the center dashes to the side line on which the floor guard received the pass from the back guard. Now the center receives the ball from the floor guard and the forward on opposite side dashes across floor at

an angle receiving the ball from center who cuts across behind him. Meanwhile the other forward has cut across gaining distance toward the basket and receives a pass from forward who has ball. He repasses to center who hooks the ball to floor guard, who by this time has raced down side-line to the basket yelling for ball at right time. In this style of short passing the man to whom the ball is passed is moving toward the ball eliminating interception. He breaks from one side toward the center of the floor. Since all start from the side, the opponents are not so likely to jam the center of the court.

Another style of short pass is called the side-line game. Most players play more in the center of the court than the side lines or corners, as should be the case. In this style let us suppose that the back guard has again got the rebound from the bank. He passes off to the other guard who has dashed to the side-line on which the back guard got the ball. The center and both forwards break successively to the same side-line, but down the floor from each other separated by fifteen or twenty feet. Now the ball is snapped from the floor guard to the center who in turn passes to the forward next in line and so on. The second forward passes off to the back guard who, after passing off to floor guard, breaks across and down the opposite side-line to the basket for a shot. The point about this type is, that the players break to the side-line where there is plenty of space, and the ball may be passed or batted to each other, making a very fast and direct offense. It gets the ball out of dangerous territory very rapidly. By clever work and careful timing, this mode of attack is very affective.

Another type of advancing the ball by means of a short-pass is to have the center and one forward work together while the floor guard and the other forward work together. That is, one or the other trails his mate, depending of course on which one has the ball. The back guard acts as a trailer for all four and remains about twenty-five feet from the opponent's basket. This type of game calls into play snappy dribbling, clever passing off and smart reversing. The ball must be shuffled off much as in the manner a quarter-back works delayed bucks or hidden ball tricks. Now to illustrate, let us suppose that the trusty back guard intercepted a pass. He passes to the center who dribbles until he reaches a place where he must either shoot or pass. The center executes a reverse and hands the ball off to his trailing forward ten to twenty feet behind. Of

course the pass may be made to any other teammate. Following the pass off the center breaks away fast and gets in position to act as trailer to his forward. This style is simply a game of twisting, dribbling, turning, passing off and breaking away, a maze of quick clever movements of hands, feet and body. The passes may virtually be handing off rather than passing. A smart player will dribble, jump, turn when blocked, fake a pass to a mate on one side but really hand it off to one rushing past on the other side. In case trailers are blocked one may always pass back to the back guard, at which time the system starts over again. Frequently one player may break for an opening around the basket, yell for the ball, get a snap pass and take a shot on the run. In this style the ball is not always passed back.

The Long Pass

There are two types of the long pass game, the long hook pass and the arched pass. In the hook pass method, a tall man, either the center or a forward, plays back near his own basket, and comes out to meet a long pass when a guard or other teammate has gained possession of the ball down the floor. The rangy player who meets the pass must be able to get well up off his feet and handle the ball rapidly, using good judgment as to whom he passes. The pass itself must be made to reach the receiver coming out above the head. When the pass is made, one guard and another player, usually a forward, race down the floor on opposite side-lines receiving a short hook or bat off by the man who got the long pass. From that point two or three short snappy passes may have to be made to get a man open for a clean shot in case a dribble to the basket cannot be made. The player meeting the long pass must get back into the play immediately following his pass off. He may get a re-pass in position to shoot if he is fast.

When a long arched pass game is used the aim is to float the ball ahead of a player as he dashes down the floor toward his basket. After receiving it, he is frequently blocked and he should execute a jump turn and hand the ball off to a trailer, then break for a re-pass. This pass is worked to a tall fast man who breaks rapidly into spaces at the proper moment, which time is usually immediately following an intercepted ball by a teammate and before opponents can again get into defensive position and while their momentum is in the wrong

direction. The trouble with this style of pass is that it is too slow and therefore easily intercepted.

The Dribbling Game

In this type all members start to dribble when gaining possession of the ball. A player will get the ball and dribble until blocked and then pass off ahead or behind following a reverse. The trouble with the dribble game is that it is unlikely that one team will have five smart dribblers who can execute stops and reverses cleverly also. A dribbler should keep away from corners and side-lines. He wants plenty of room in which to move.

Offensive team play must work out and adopt a system suited to the material at hand. Team play requires a certain amount of self-sacrifice. For one man to shoot from all distances regardless of a nearer teammate is ruinous. Such a player should be benched. Many team records have been spoiled owing to rupture on a squad of stars for this reason. When a team is on offense all five men must be in motion somewhere. If you want a pass, yell and move toward the ball. Play a loose ball hard, even to diving for it as if it were a football. Your best man is the one who has possession of the ball most. Do not pass to a stationary player.

Chapter IV

TEAM DEFENSIVE PLAY

It too often happens that many teams neglect the defensive side of their game in practice. It is just as necessary to develop a system of defense as it is to perfect an offensive attack. The practice of many high schools consists chiefly of throwing baskets followed with a long scrimmage. The players strive to score and do not work out a plan of defense. It is true that a strong offense is a defensive measure. Still, a strong defense that is hard to penetrate will demoralize the opposing team quicker than any other method.

Several schemes of defense are used nowadays, the most effective being the "five men back" or "line" defense. It may be worked in different ways to get the same result. The main feature of the "five men back" defense is to have the entire team between opponents and their basket immediately following an intercepted ball by the opponents. Now, some teams are coached to preserve a strict man for man defense; that is, a forward when on defense will cover his own guard, a guard will cover his forward and the center will check his center. The men rush down floor, the moment the other team gets the ball, to a point usually two-thirds of the court and there meet their own man. The other team will pass and dribble up to this defensive point and are here forced to shoot long or pass back, if the men on defense check their men hard and close as they should. Of course, the offensive side in meeting this defense will try to break a man or two through up to the basket and pass them the ball. Proper close guarding or sticking usually results in the defensive side getting the ball, when they in turn go on offense with their system as fast as possible. In case a man elects to shoot over a five man defense, the defending team is in a nearer and better position to get the rebound.

In going on defense a team must do it rapidly and with the man for man type, a player may locate his own man while running down the court to his defensive position. He should never stop and look for him up-floor. In case he finds his own

man has eluded him and a teammate is playing him, he should nail the nearest opponent he can get to and stay with him.

Another method of playing this back defense is for the players to guard the man nearest them when the ball is intercepted, the theory being that a team can go on defense faster by this plan. The play is then the same up to the point where the defensive side gains possession of the ball again.

Now there is a great deal of difference of opinion among coaches concerning the relative merits of these two explained methods of going on defense; namely—playing your own man or playing the man nearest you, when opponents get the ball. At least for high school basketball, I believe the man for man defense is the better. A player using this method soon learns almost instinctively where his man is and he also learns his individual characteristics in playing and can therefore guard against them. All players are not alike. Some are fast, some are slow, and some can reverse while others can not, and so on. In other words a player soon knows how to play his immediate opponent better. Furthermore, I believe this method puts it up to a player in such a direct manner that he feels the responsibility to a greater degree. If his man is getting lots of shots, he is largely to blame. He is being out-played and will double his efforts to out-play him. Of course a player must not make it an individual matter and sacrifice a team play to out-score his man. He must at all times keep upper-most in his mind that team play is first but also that he is held responsible for his man.

Some argue against the man for man style, saying that blocks and shifts are effective against it. They are boomerangs if the man for man is worked properly. In case a block is attempted the blocker's man takes his teammate's man and sticks. Such an attempted game is a play and usually results in an intercepted ball, if the play is gone through with. In case it is not, then the offense is balled up. Taking the nearest man requires a great deal of practice in order to avoid two taking the same man.

Most teams have one guard back near the basket to play safety and he of course covers any opponent who may have broken away on a dribble or one who suddenly intercepts a pass, and is near enough to shoot. This back guard is always in a position to get rebounds and to play out of bound balls under opponents basket fast.

Chapter V

SELECTING PLAYERS

How to Practice

I believe it is a good thing to start basketball practice early in the fall even if two or three months before the regular season begins. There are always a number of men who do not go out for football that may develop during that time into great players. It would be foolish to practice every day. About twice a week is sufficient for the first month and possibly three times a week for the next month. Otherwise the men will become stale or tired of basketball long before the season is over. Remember that practice must be kept interesting and enjoyable to be successful or worth anything.

In selecting players, weed out early all awkward, lazy and pepless candidates. Your work will progress much faster with a bunch of men full of pep and enthusiasm. Do not, however, discard a player because he appears slow at first. Some men fairly slow soon get the idea of speed and develop rapidly. A big man has an advantage over a small man in some ways, yet the latter often proves more valuable. A small man usually can handle himself more readily, carries himself in better balance and poise. Nevertheless, some large players are wonderfully graceful on the basketball court.

I believe the ideal basketball team should have the center, one forward and one guard tall and rangy with the other guard and forward small and fast.

The center chosen should certainly be tall with plenty of spring in his legs to get tip-off. His height and reach, in playing the floor as he does around the middle of the court, comes in handy in checking and intercepting passes. The center should be a good shot and good at following shots. He should be able to execute hook passes, reverses, and turns to perfection. A real center can do more in a game than any other player. He should handle the ball oftener and therefore must have a world of endurance. Centers should practice their jump so as to time it to a fraction of a second.

Forwards should be quick accurate shots, fast and clever in floor work and full of fight and determination. If one forward is tall, a good shot and able to follow shots successfully, with the other forward smaller and fast as lightning and clever in all-round play, then you have a scoring combination that is hard to stop. Both forwards must be strong defensively or their value to their team is greatly impaired. Forwards should be quick thinkers and play ahead of their opponents, always pulling off some clever effective trick or maneuver.

Now the guards, in my opinion, should be both fast and good shots. One ought to be a tall man who can play "back guard," going down fast occasionally on a few plays. He must be fearless and aggressive and able to take the ball off opponents bank-board effectively and successfully get it away. He must also perfect the turns and hook passes both long and short for it is he who most frequently is called upon to use them. The other guard, I believe, should be smaller. He is called the floor guard and must be a fast heady dribbler, nifty passer, good at turning and reversing and an excellent shot, especially the longer one. A smart floor guard with these qualifications is usually the busiest and most important cog in the whole basketball machine. This guard working together with a fast floor forward, both of whom work the ball off to the rangy forward or tall center for shots, you have an ideal working unit.

Temperament and ability to perform well under pressure are characteristics that must be watched for. You want only men who battle best when the going is toughest. However, you can instill needed traits in some players by employing proper tactics. You can also add speed and ability. A player can never get too much practice in the fundamentals.

How to Practice

It is necessary to cut your squad to about four teams early in the season so that the scrimmage may take up all the time allotted for that work, say the first and third teams scrimmage fifteen minutes and then the second and fourth, or any other combination. Two teams scrimmage and while they rest the two other teams work. The freshman team can be used by the varsity teams for practice also, and this affords good practice since their plays are somewhat different.

Before starting scrimmage work, it is wise to have a few fundamental plays worked out and thoroughly understood by

every member of the squad. Nothing is gained by too early scrimmage, and frequently some players will develop some bad habits that will take time to correct. Development of team play requires time and painstaking instruction. Go over and over the system of offense and defense to be used so that every member can do it almost mechanically. Show it by diagrams on a blackboard and then have the men walk through it. When you do start scrimmages, only have two or three plays.

The offense can be practiced by having the back guard start the play as though he had taken the ball off the bank-board or had intercepted a pass. The defensive work may be similarly practiced by having some team take the ball near your basket and work it down until your team secures the ball and then start over again. Later, put a team in to check your offense. After a week of this kind of practice, it will be time to have regular scrimmage for both offense and defense.

One hour and a half is sufficient time to work a team. Of that time, I would ordinarily devote a third to fundamentals, plays and scrimmage. Mondays and especially Fridays, if there is a Saturday game, should be very light. On Mondays following a Saturday game, the work should be corrective and sufficient to work out any lameness or soreness. Do not have more than three scrimmages a week. More time spent on plays and fundamentals will accomplish results faster. Do not over-work the men. Stop work immediately when they get lax and stale. The only cure for this is rest. You will recognize this state when the men appear to be losing their enthusiasm for the game.

Foul throwers should practice before and after regular work-outs. In fact they can not get too much of it.

On the night of a game get your team at the gym fully an hour before the time to start. That will give you plenty of time to do any necessary taping and bandaging, and also time to give instructions. Have them go on the floor not more than fifteen minutes before the whistle blows to start the game. Of this time spend ten minutes shooting goals and about four or five passing the ball, executing turns, short dribbles, etc. I do not think it good practice for a team to go on a floor and get in a circle, as most high school teams do. First warm up easily by taking twenty foot shots, then fifteen and ten, always in turn with the shooter following his own shot. Following this practice, have the men line up with an equal number on each

side-line with one player stationed at the back of the foul-circle. The first man in line at one side has the ball and he passes to the man at the circle. When the pass is made, both the passer and the head man on opposite side dash down the side and in to the basket. After receiving the ball from the leading man, say on the left, the circle man passes off to lead man on right, who then passes to man who started the first pass, as he should be close to basket for short shot. Both then pass and shoot until basket is made, when ball is returned to man next in line and repeated, the first pair going to rear of lines but on opposite sides so as to vary their respective work.

Another method is to have the entire team, except one player, line up along one side-line, the first man in line being about forty feet from the end line. The player not in line is stationed at about the center circle with the ball. Now as this player passes the ball to the second man in line, the man at the head of the line dashes down the floor for the basket, receiving the ball from the second man, who executes a long hook pass. After the basket has been made, the shooter takes the position of the man at the center circle and he in turn goes to the rear end of the line so that all move up. This practice is very good for handling the ball.

After spending five minutes taking long shots and five minutes passing and shooting, the remaining five minutes should be spent in short snappy passes and dribbles at one end of the floor in order to get thoroughly warmed up. The foul shooters should take another ball after warming up and try to shoot fouls for five minutes.

I firmly believe that most basketball teams are over-worked, especially high school teams. Fundamentals are more important than scrimmages and take comparatively little out of the men. Therefore, practice during the mid-season with Saturday games should consist of light work on Monday and Friday, plays and fundamentals, with heavier work on Tuesday and Thursday and possibly a hard workout on Wednesday. Give the boys practically two days to rest before a real hard game. You will be surprised at the difference it makes.

Between halves be sure to have the men who were in the first half lie down. Have some one wash their faces, neck and upper body with cold water and then thoroughly rub dry. The legs should be rubbed also. At this time the coach himself

should be careful of his words and actions. If his team is behind, he should instruct them in their faults, being careful not to appear discouraged. If ahead at half time, warn the team against taking it easy. Send them out to work harder than ever. If any players need censure, wait until Monday.

Chapter VI

PLAYS AND SIGNALS

As stated before, many teams devote too much precious practice time on a maze of intricate plays most of which start at center on the tip-off. They are usually making the common mistake of thinking only of offense and scoring. They are optimistic in the matter of securing the ball which is all important on these plays. All plays should be so designed that the defense is taken care of in case the opponents secure the ball following the center's jump and tip-off. Comparatively few baskets are made from plays starting from center. Some teams may have a center so tall and springy that he invariably gets the tip-off and again centers on some teams seldom get it. As a matter of fact, it does not always follow that the team whose center tips the ball, secures it. That is largely dependent on the speed, alertness and cleverness of the forwards who usually try to get the ball after the tip-off. Therefore, plays at center should be few in number, simple, and planned with a view for quick defense, if opponents get the ball. A great deal of time should be spent on teaching the players the knack of timing their dash and jump for the bat-off so that they invariably secure it.

Basketball plays designed to operate following a held-ball, when out of bounds, when opponents are attempting a free throw, when your team is attempting a free throw, and when time is taken out, result more often in goals than from plays from center. At these times the opponents are not as alert as when the ball is tossed at center, especially with a ball out of bounds. Three or four center plays, two out of bound plays, two following held balls and two from attempted free throw formations are sufficient and will tax the ability of a team to its utmost.

Signals

For plays at center the signals should be given by one of the forwards preferably, although any one may give them. The center on many teams gives the signals and possibly he is the

logical one for the reason that he knows best when and how he can jump. If the forward gives them, he may indicate a play by pulling up his sock with one hand, with both hands, place one hand on hip, both hands on hips, pull up pants with one hand both hands, run fingers through his hair with one hand, both hands, rub eye with one hand, clap his hands, bend trunk forward with hands on knees, stand straight up with arms folded over chest, hands clasped behind, etc. He may indicate a play also by holding a hand straight over his head with different fingers denoting the play. He may call signals by numbers as a quarter-back does in football. The center may signal by the manner he enters the circle, how he holds his hands. Some give signals by words in short sentences, such as fight, play, pep, zip, check. The center may yell, "fight hard"—fight indicating a play, or "play hard"—play being the key to the play, "lots of pep now," "show some zip," "check your man," etc. There are countless ways of giving signals and they should be very simple. It is best to have two signals for each play.

For all diagramed plays the key is as follows:

—	Path of player.
- - - - -	Path of ball.
	Path of dribble.
R. F.	Right Forward.
L. F.	Left Forward.
C.	Center.
R. G.	Right Guard.
L. G.	Left Guard.

Held Ball Plays

Plays can be designed for operation following held balls of which there are many during a game. There are more held balls, which require a tossed ball, than field goals usually. Therefore plays following held balls are frequent and should be extremely effective. Opponents are not looking for a systematic offense at that time. See diagrams 13 and 14.

Plays from Regular Formation

The center plays diagramed from the regular formation are so designed that while they all start alike, each one ends differently. In fact every man on the team has a play on

which he shoots for the basket. Each play also leaves two men on defense at once. No play is fundamentally correct unless it provides for a mis-fire at the tip-off, when the opponents get the ball.

In diagram No. 1 both forwards dash in as though to get the tip-off, but the left forward gets the ball, bats it off to the left guard who runs up half way. The left guard hook passes diagonally across the court to the right forward who turns, when he sees left forward get tip-off, and goes in toward the basket to receive pass from left guard. The center comes back on defense or trails the right forward if tip-off is successful. The right guard stays back on defense and the left guard returns following his pass off. The left forward turns and beats it back to the basket following his pass-off to guard.

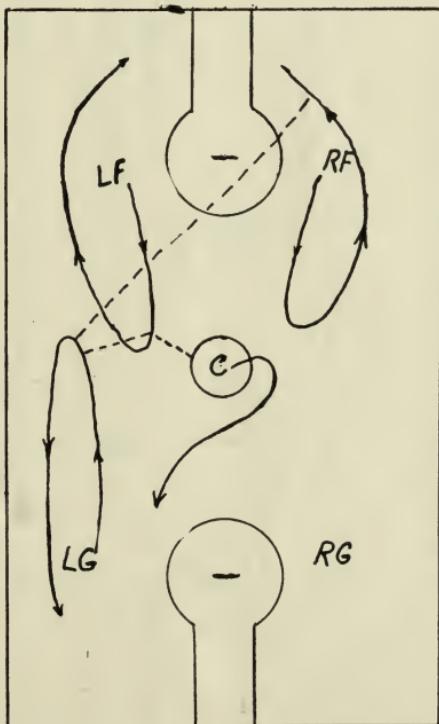
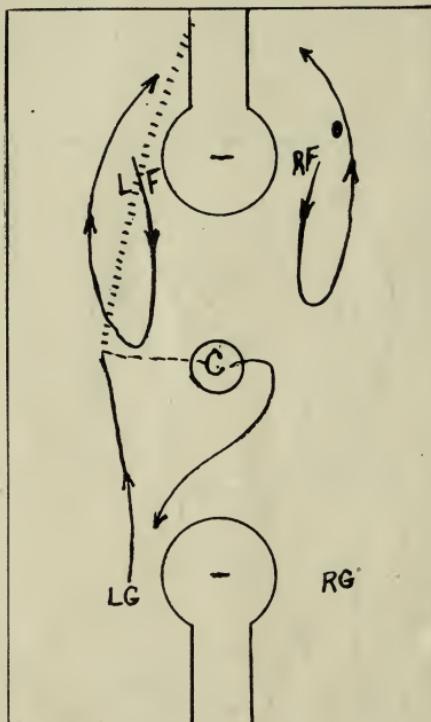


Diagram No. 1

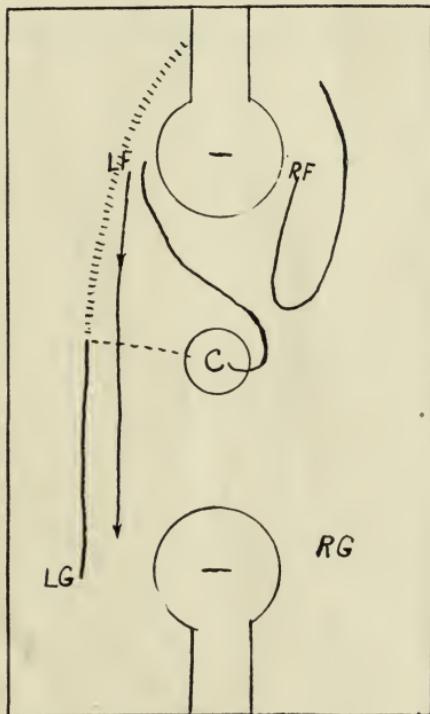
Play No. 2

Both forwards dash in as in No. 1, reverse and tear back for the basket, the left forward trailing the left guard, who receives the ball on tip-off and dribbles up to basket for close shot or passes off to right forward. The center and right guard play back.

*Diagram No. 2*

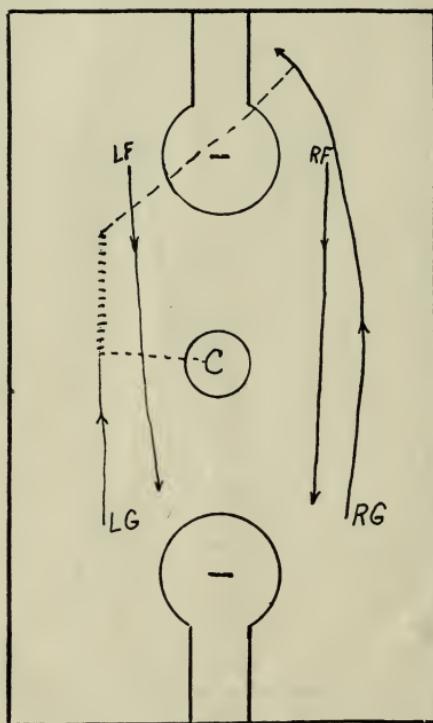
Play No. 3

This play is similar to No. 2 except that the center trails the left guard or takes a pass off from him. Right forward reverses and follows into the basket. Left forward and right guard go on defense.

*Diagram No. 3.*

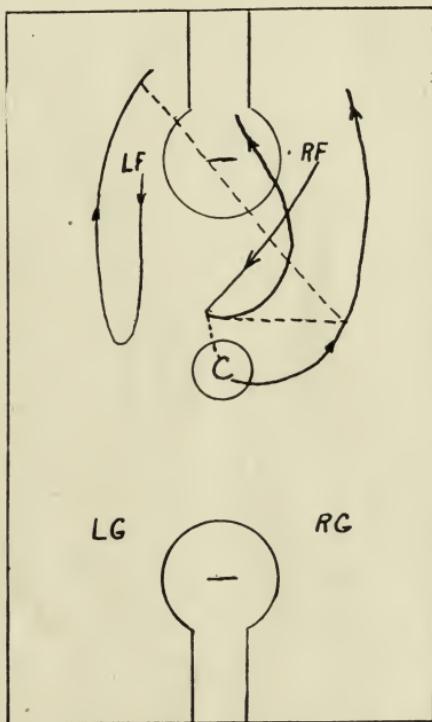
Play No. 4

Forwards come in as before but go down and block opponents' forwards. The left guard comes in fast to get tip-off, dribbles a few yards and passes off to right guard who goes down the side-line straight from his position to the basket. The center trails the left guard and is ready for a quick pass from either guard.

*Diagram No. 4*

Play No. 5

Guards stay back and forwards dash in for tip-off as usual except that the right forward cuts across in front of center circle for tip-off and bats the ball back over to center who gets out of circle to right receiving the ball and passing diagonally to left forward who has reversed and hurried in to basket for short shot. Both center and right forward follow in to help left forward.

*Diagram No. 5*

Play No. 6

This play is called the "fake tip-off." The forwards dash forward just before the referee tosses ball in center reaching position back of center in motion. The center fakes tip-off, but lets opposing center bat it. The center after jump speeds down to basket to receive hook pass from the teammate who gets ball. One of the four should get it. Often a forward gets tip-off on this play and is out of position for long pass, so he short passes to a guard who makes the pass to center. Very effective late in game.

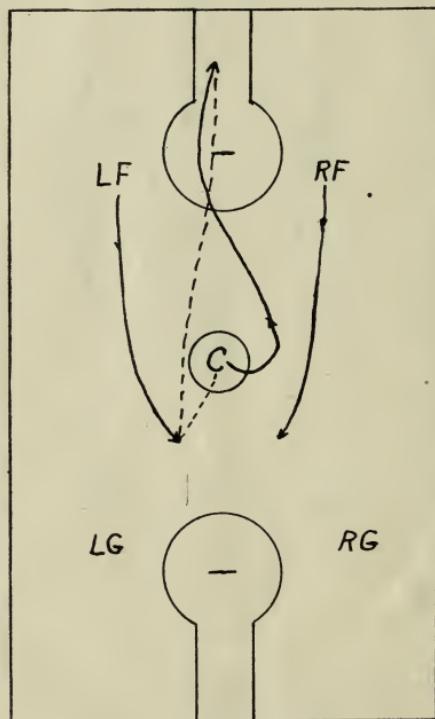
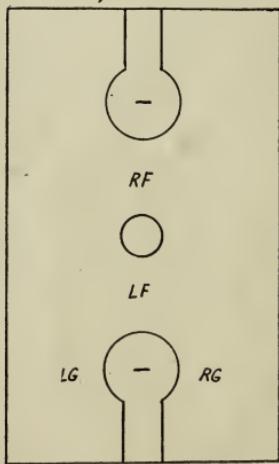
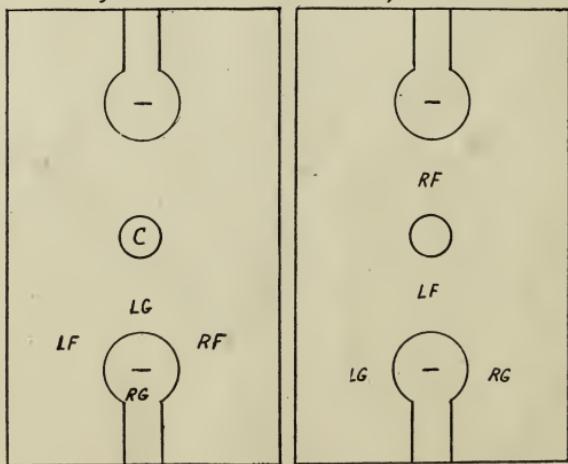
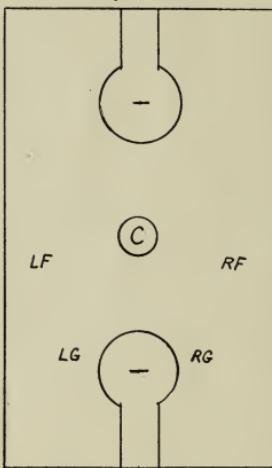
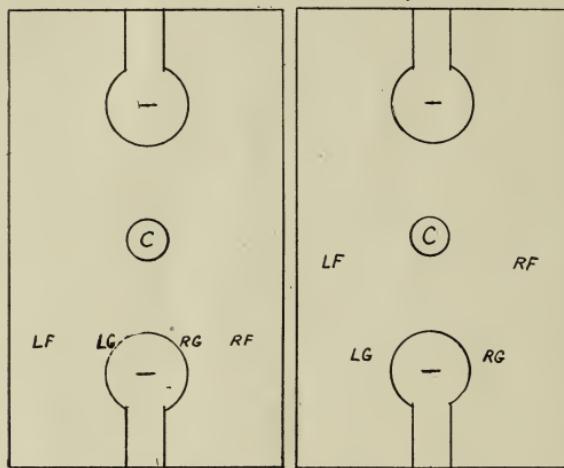
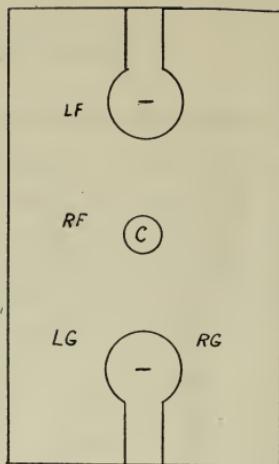
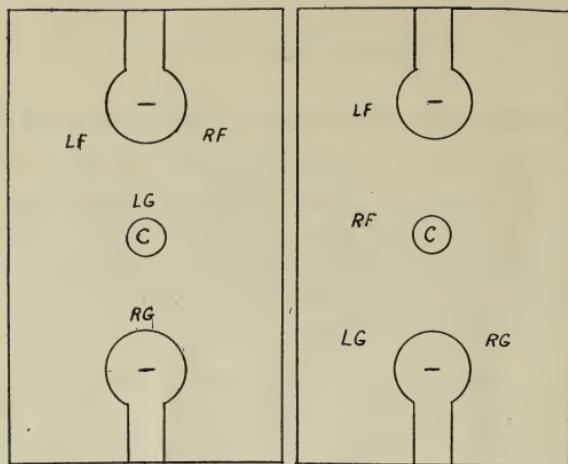


Diagram No 6

Irregular Methods of Lining up for Toss up at Center

Diagram Numbers 7, 8, 9, 10, 11 and 12 show some different methods of lining up your men on formations for tossed ball at center. You can figure out countless effective plays with these. Make all plays strong defensively and have them begin similarly. No. 8 is especially well adapted for puzzling offensive plays. For shifting and blocking it is very effective.

It is well to have more than one manner of lining up for tossed ball at center. While opponents are momentarily confused or figuring a defense the ball is tossed and the play begun. Only one or two plays should be used from each formation.



Held Ball Play Near Opponents' Goal

Diagram No. 13 divides the court into four imaginary sections, the large circle representing the space where regular center plays can be used on held ball there. This diagram presupposes the ball is held for a toss-up in Section 2 near opponents' goal. In this case the center is represented as jumping, the other players being arranged as they should normally. Both guards are back near opponents' basket, the right forward across court in Section 1 near foul circle, while the left forward is in Section 4 near middle of court. As the ball is tossed, both forwards dash toward tossed ball, the right forward getting it and snapping it off to left forward who hook passes up floor and across to right guard who started up the side line when ball was tossed. After passes both forwards follow into basket while left guard crosses over to defense in Section 1 left vacant by right guard, and center, after jump, goes on defense in left guard's place in Section 2.

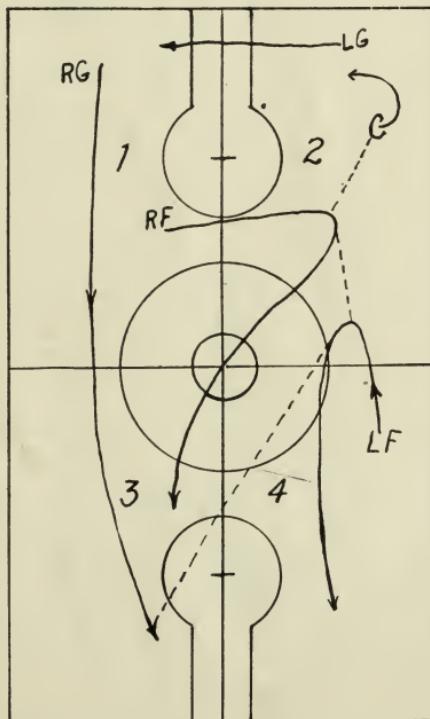


Diagram No 13

Held Ball Play Near Own Goal

With a held ball near your own basket, I would suggest the following as per diagram 14.

Let the left forward jump. He tips the ball to right forward who then passes to the center who passes across court to right guard who dribbles in and shoots. All follow in after the shot and try to keep the ball in their territory if the shot is missed. At the start both guards are well back. In any of these plays, if the one designated does not jump, his place in formation is taken by teammate. All players must know the work of each position. In any of these plays, if ball is in opposite section, the play simply reverses.

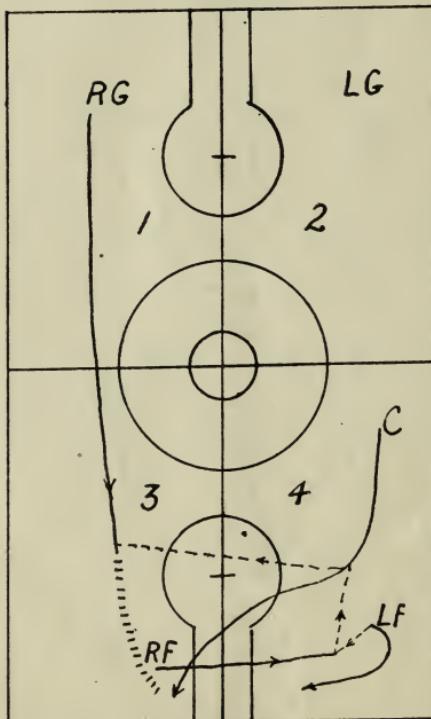


Diagram No 14

PLAYS FOLLOWING OUT OF BOUND BALL

Ball in Opponents' Territory

Now in these plays diagram No. 15 will be effective for a ball out of bounds any where on side-line or end-line bounding Section 1. Reverse the play for ball out on side-line or end-line bounding Section 2. In diagram No. 15 the right guard has the ball out at opponents' end-line, center places himself on right side-line, the left guard on opposite side. The two forwards line up near middle of the court, the left forward nearer his own basket and in Section 4. As the ball goes out of bounds, the right guard rushes after it and passes in fast to center, who meets the pass near the corner of Section 1. The center passes up side-line to right forward, cutting across to same side line and he passes to left forward who cuts across. The left forward then passes off to left guard who started up on opposite line at time ball was first passed in by right guard. He should meet left forward's pass near basket. Right guard after the pass in, plays defense. A pass must never be made across in front of the opponents' goal.

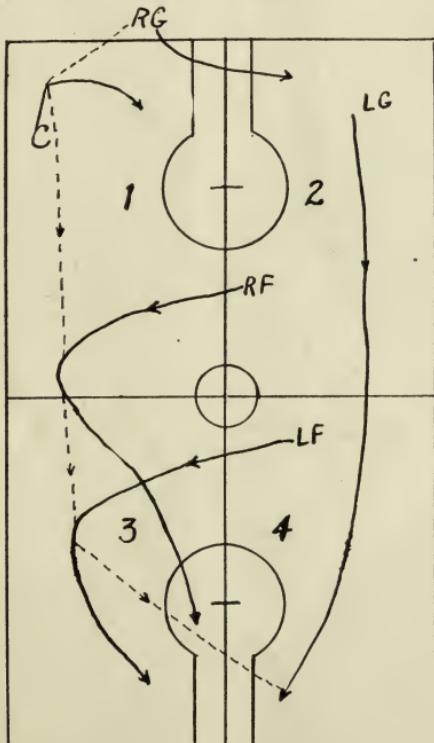


Diagram No. 15

Ball Out of Bounds in Own Territory

In this play the right forward has the ball out at end-line of Section 3. The left forward cuts across and receives pass in from right forward. The left forward passes to right guard coming up side-line and he in turn passes to center who cuts to space left by left forward and there shoots. The left guard plays safely. Diagram No. 16 shows original position of players prior to pass in.

In these plays the men must hustle to their positions. Speed is necessary to work them successfully. If another player has your position you must play his.

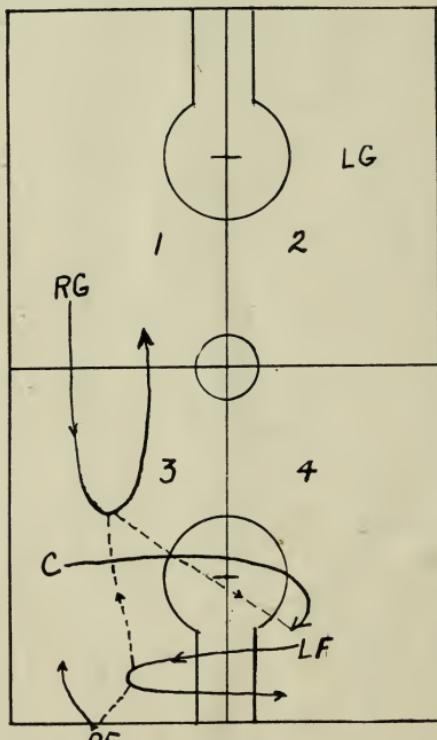


Diagram No. 16

FORMATION AND PLAYS ON FREE THROW**Play on Free Throw by Opponents**

Have the best jumpers line up a few feet away from free throw line, as shown in diagram 17, with two other players over near the side-line and about twenty feet from end-line. One player places himself just back of foul circle. As the ball hits the bank-board or basket the two players near free throw lane charge in and jump, the one getting the ball turning in air and making a short hook pass back to the player on his side-line who also starts toward corner when ball hits basket. When player back of foul circle notes to which corner the ball is passed, he cuts over and takes re-pass from man in corner. He then dribbles up towards his own basket and shoots or passes off to one of the two players who were on the opposite side of opponents' basket when free throw was made. They are his trailers. By this method the ball is gotten away from opponents' territory in a hurry which is always necessary.

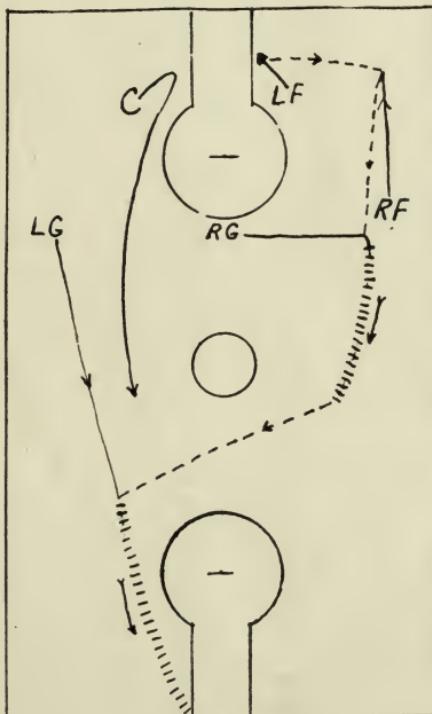
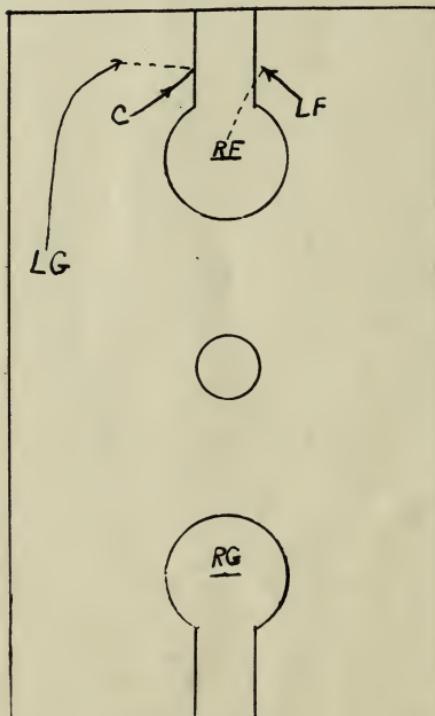


Diagram No 17.

Play on Free Throw by Own Team

When your own team is trying a free throw, place a tall man on either side of free throw land as described for free throw by opponents. Place one player on side line about twenty feet from corner. One player plays back for safety at opponents' foul circle and the fifth player, of course, tries the free throw. As in the other play, the players near free throw lane go in and leap for the ball's rebound from basket or backboard the moment the ball hits either. The man on the left free throw lane passes back to player on side-line, who darts into the corner straight down. The player on the right passes or bats the ball back to shooter on foul line. In this play the players following the throw try to bat the ball in the basket, but when that is not feasible, they pass off as indicated in diagram No. 18.

*Diagram No 18*

Chapter VII

TRAINING AND CONDITIONING

Training is systematically preparing the body and its various organs to withstand the demand made upon it by the shock and strain of competitive games. To train is one thing and requires hard work and self-sacrifice but to keep in condition is quite another and fully as exacting. One must train to get into condition and continue training to remain so.

Members of a squad who are lax in training requirements are unworthy of a coach's time and effort and should be asked to turn in their suits. Such men have a detrimental influence over faithful ones often resulting in poor team discipline. Furthermore, they are absolutely untrustworthy in the games, failing to do their part at critical periods or when the battle is going badly. In tough games the poorly trained are the ones who lose their spirit and this eventually develops into loss of team morale.

It is safe to say that no team was ever great that did not have proper training. A real team enjoys the game, and this is impossible unless in condition. It is a very simple matter, watching two teams playing, to tell which is better physical shape. When in a game it is even easier. If an opponent continues to guard or block you hard and hurts, then you are "out of luck" for he has the better condition, and doubtless will give you a good beating before the game is over if you last that long.

A player can not begin to do justice to himself if in poor physical shape. He may have the pep and dash at the start but soon slows up and begins failing to block, guard or break with the necessary energy to secure results. If young men would only realize the necessity of proper condition, how it enhances their individual performance and record, the confidence in oneself it instills and the keen enjoyment of playing the game hard if in shape, the writer feels sure that none would neglect this most important matter.

What is required to gain this physical fitness? Regularity in exercise, dieting and rest. Dieting, of course, would include

abstinence in the matter of some injurious things like smoking and drinking. It is true that some can eat and properly digest food that others cannot. On the whole, however, a few simple rules of eating and sleeping will suffice for all.

Sleeping

Some coaches tell their squad that eight hours sleep is sufficient and that if the eight hours one night is from ten to six, and next from twelve to eight is all right. The writer's opinion is that during a strenuous basketball campaign a full nine hours rest is required. Sleep from ten to seven is the ideal period and should not be varied. Sufficient rest is necessary for boys during the growing and developing age, particularly when engaged in violent daily exercise.

Eating

As stated earlier in this chapter, regularity in eating is important. Breakfast at 7:30 a. m., lunch at 12:30 p. m., and dinner at 6:30 p. m., are good hours. Eating between meals and especially late at night is injurious to good condition.

Variety of food is essential too, for to be properly digested it must be enjoyed. It is best to eat only when hungry. That does not mean to eat every time one feels hungry, but rather to go without a regular meal if not hungry and wait until the next meal time. In the meantime, if hunger comes, some fruit of an acid nature will quell the desire to eat.

Mastication

Food must be properly chewed. Do not make the stomach do that extra work. There is a natural time to swallow. Do not chew too long either, for that is injurious to food digestion.

Proper diet for training includes—Lean meats, fish, eggs, etc.; cereals, well cooked oatmeal or “breakfast foods;” vegetables, peas, baked potatoes, beans, turnips, onions, lettuce, celery, tomatoes; bread, one day old or toasted; fruit, grapes, oranges, apples, apricots, prunes, pears, peaches, berries, figs. Be sure that the fruit is just ripe; beverages, cocoa, milk for those with whom it agrees, buttermilk, coffee rarely, weak tea; dessert, fruit preparations, rice pudding, chocolate pudding, custard, ice cream; water, drink what is desired at meal

time if at a moderate temperature. Do not wash the food down. Do not drink or eat anything at extreme temperatures.

Do not use spices, catsup, pickles, vinegar, etc. Fried foods should not be eaten. Keep away from fat and grease.

Cut out the use of tobacco, alcohol, coffee, and tea except in very limited amounts, carbonated waters, confections, candy, pie, cake and lunch counter sandwiches.

Exercise

In training for basketball, the daily physical work should not be done earlier than two and a half to three hours after eating. The work-out should include exercises that call into action all the muscles of the body. It is advisable, also, in early practice to do lots of running to toughen the body and gain "stay" and "wind."

In mid-season when scrimmage days are frequent, the men should not be asked to do this heavy work unless in good shape.

When a player is slightly injured he must be carefully attended. Too many coaches are careless in this matter and often play men who should be under a physician's care. Following practice sessions, when in a good sweat, the squad should be sent to the showers. When warm, players must not jump under a cold shower. First take a warm one followed by a cold and then report to the trainer for rub down. At this time all injuries, minor or otherwise, should be given strict attention.

Rub downs are very important and even when trainers are not available some arrangement might easily be made by appealing to students for this work. A rub or massage, should include the whole body. It consists of stroking with the hands, circular rubbing, shaking, twisting, and hacking. Rubs should start farthest from the heart; for example, the feet, then limbs, abdomen, chest and back in order. It takes usually about ten minutes. A good rubdown stimulates circulation and reinvigorates the tired muscles. In rubbing use one quart of grain alcohol, three quarts of witch hazel and a few drops of iodine thoroughly mixed. Another rub is two quarts of grain alcohol, two quarts of camphorated oil and a few drops of oil of wintergreen for heat, thoroughly mixed.

Men should report injuries immediately and they must be given attention at once. Rest is the best cure for staleness or over-training. Bruises and "charley horse" need special attention as well as sprains, weak ankles, knees, etc. Ankles should be taped before scrimmages and games.

On trips the men must be watched carefully for over-eating. Be careful of the water, demanding pure spring water and insisting that ice water be kept away from the table.

The meal just prior to a game should be very light, consisting, for example, of a small baked potato, small portion of broiled sirloin steak, celery, toast and weak tea.

Conditioning

It is a good policy to have the men weigh in every night before and after practice. This will enable you to judge the men's condition so that you will know whether you are giving too much or too little work. Players should be examined before the season starts for weak heart and flat feet. The first hard work out should be followed by taking a cathartic that night with a dose of salts in the morning. Insist that the men wear clean outfits, preventing skin disease, and that they properly dry themselves following a bath. Caution the men about sleeping in pure clean air and out of draft. Colds are frequent during basketball season and nothing so quickly weakens a player as this.

The player's feet need careful nursing. Salt water or compound tincture of benzoin will toughen the feet and aid in prevention of blisters. In case of extreme blisters, a strip of adhesive across them will help. However, the adhesive must not be kept on.

In case of bruises or "charley horse" hot applications and massage are best. Tape on flannel to retain the heat.

When a player strains an ankle, hot applications followed with massage and then taped with an adhesive cast is best. Use a hook binding over which strips of tape should be placed around the achilles tendon. These strips should overlap each other, the ends of which leave a space about one inch in front part of foot.

For a bad cold use quinine, hot lemonade and cathartic before going to bed. If on the chest, use antiphlogistine. Rub chest first with strong counter irritant.

In case of "gym itch," wash with alcohol and apply a salve such as zinc oxide.

Chapter VIII

PLAYING THE GAME, HINTS, DOPE, ETC.

Smart teams do a great deal of talking in a game, which has the effect of keeping the players on edge and full of pep. They should yell "ball," if they want it and are in a position to advance or shoot. In that case, the ball must be passed at once or it will be too late. Players can frequently aid each other by shouting, "dribble," "shoot," or "take your time" as the case may be. Players who get in the habit of talking in a game find that it helps their courage and pep a great deal.

In getting away from guards, you should not run at a steady pace, but hesitate and then dart this way, that way, and reverse or pivot. Stops are very effective.

When the center or forwards get exhausted momentarily, they should never rest or hang around under their own basket hoping for an open shot. When tired, rest down under the opponents' basket and have the backguard take your place for a moment.

Play hard. Go by spurts. It is best to play like a tiger for five minutes, rest, and then go hard again.

When ahead toward the end of the game, pass the ball around safely. This can be done down toward opponents' end or court. If they get wise that you are playing for time, they may all rush to get the ball and you should have one man slip down a side-line for a long hook or loop pass. Never pass the ball across the court in front of opponents' goal.

When your team has possession of the ball, play the sides and corners of court so that when you see an opening for a pass, you can break toward the middle of floor.

When out of bounds, get back in fast. You can not play out there. If ball goes out, go after it and return it as fast as possible. If you are not sure whether it is yours or not, play it anyway. The referee will soon tell you.

If game is close and you get the ball near opponents' basket, get it up the floor out of dangerous territory as soon as possible.

On toss-up at center, guards and forwards should make a feint to get tip-off. It will cover the player designated to get it.

Think all the time—the faster and warmer you become, the faster your brain works.

If you practice sluggishly, you will play a game the same way.

Never stand around near your own basket. Make a space there for a teammate to break for in getting a pass and shot.

If your team is having a tough time of it, play your game. Do not forget your system. Keep your heads and play harder.

If an opponent plays dirty and even strikes you, do not lose your temper and common sense. You are out-playing him when he resorts to such tactics; so keep playing harder but clean.

If you lose, be a good loser. Do not crab the officials or teammates. Resolve to do better next time after studying your own faults. When beaten, there are glaring weaknesses somewhere. Be a good winner also. Nothing so quickly loses a player's popularity as a swelled head.

Away from home on a trip, players must not try to see all the sights in town. Traveling takes lots of vitality away and rest must be secured.

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